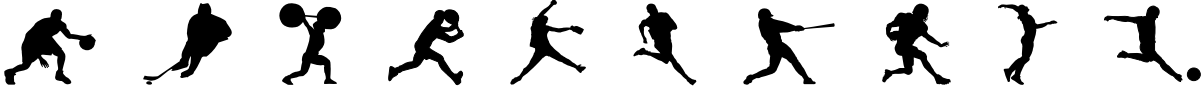


Power²

Athletic Performance®

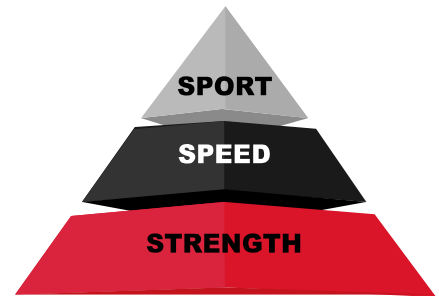
Total Performance Training



The Total Performance Training program is designed to meet your off-season training needs. This program includes 6 weeks of Strength and Power Training, 6 weeks of Speed and Agility and 8 weeks of a Power Sports program of your choice.

GET STRONG • GET FAST • GET GAME

The philosophy behind this program is one used by collegiate and professional strength coaches around the country in developing high-level athletes. Strength is the foundation of athletic ability. By developing a base of athletic strength, the athlete is better prepared to improve other important athletic variables like speed, agility, quickness and acceleration within the speed and agility phase. Once the athlete has learned to move fast, we can modify these new skills into the specific skills the athlete needs to compete at the highest level of their sport.



Off-season Training Plan

PHASE 1	PHASE 2	PHASE 3
▲ Strength & Power	▲ Speed & Agility	▲ PowerSports
June - July	July - August	PowerBasketball September - November
June - July	July - August	PowerHockey September - November
September - November	November - December	PowerBaseball January - March
September - November	November - December	PowerSoftball January - March
September - November	November - December	PowerSoccer January - March
March - May	May - June	PowerTennis June - August
March - May	May - June	PowerFootball June - August
March - May	May - June	PowerVolleyball June - August
March - May	May - June	PowerSoccer June - August

*5 month training program for \$199 / month.

UWHealth

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